

# HOW CAN I PROTECT MYSELF FROM COVID-19?

## WASH YOUR HANDS!



**1 WET  
HANDS**



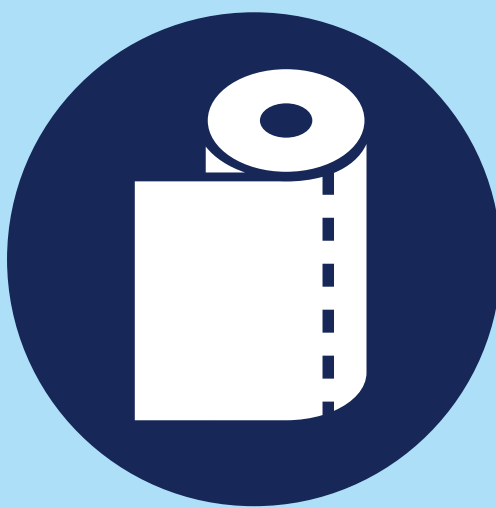
**2 APPLY  
SOAP**



**3 SCRUB  
20 SECONDS**



**4 RINSE  
UNDER  
WATER**



**5 DRY WITH  
CLEAN  
TOWEL**



**CLEAN  
HANDS!**

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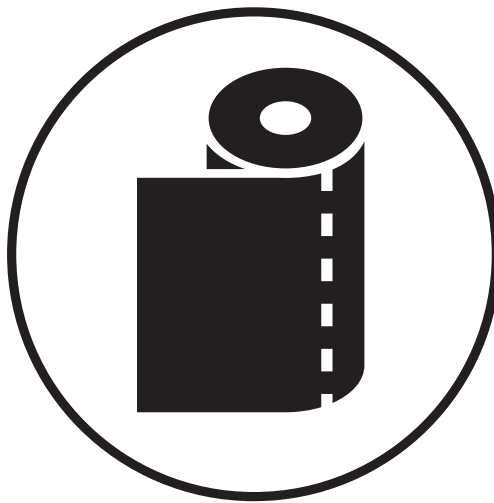
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